



AERIAL

BUCK ISLAND | BRITISH VIRGIN ISLANDS

THE AERIAL, BVI MENU



BREAKFAST SPECIALS

| | |
|--------------------------|----------|
| Cinnamon Pancakes | \$ 21.00 |
| Cacao Smoothie Bowl | \$ 19.00 |
| Apple Pie Overnight Oats | \$ 14.00 |
| Nutty Toast | \$ 9.00 |
| Scrambled Tofu | \$ 16.00 |
| Tropical Rice Pudding | \$ 12.00 |
| Kimchi Toast | \$ 11.00 |
| Matcha Miso Oats | \$ 14.00 |
| Glow Toast | \$ 18.00 |
| Smoked Salmon Rilette | \$ 26.00 |
| Chili Scrambled Eggs | \$ 22.00 |
| Afghan Eggs | \$ 24.00 |
| Curried Eggs | \$ 22.00 |
| Breakfast Special | \$34.00 |

SIDES

| | |
|----------------|----------|
| Roasted Tomato | \$ 8.00 |
| Avocado | \$ 10.00 |
| Crispy Bacon | \$ 10.00 |
| Baked Beans | \$ 8.00 |

BEVERAGES

| | |
|---------------------|----------|
| Coffee | \$ 6.00 |
| Tea | \$ 6.00 |
| Fresh Juice | \$ 10.00 |
| Smoothies | \$ 12.00 |
| Morning health shot | \$ 8.00 |
| Morning cocktails | \$ 22.00 |



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LUNCH

| | |
|-------------------------------------|----------|
| Glow Up Salad | \$ 21.00 |
| Bento Bliss | \$ 21.00 |
| Gut Booster Salad | \$ 28.00 |
| HeartSmart Cowboy Rice Salad | \$ 19.00 |
| Microbiome Magic Salad | \$ 28.00 |
| Protective Power Salad | \$ 26.00 |
| Gut Guardian Salad | \$ 21.00 |

ADD PROTEIN

| | |
|------------------------|---------|
| From the Land | \$26.00 |
| From the Sea | \$28.00 |
| From the Garden | \$14.00 |



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AFTER LUNCH ENERGIZERS

| | |
|------------------------------------|----------|
| Beetroot and Cacao Cake | \$ 21.00 |
| Coffee and Banana Bread | \$ 21.00 |
| Lacto Blueberry Bark | \$ 28.00 |
| Cacao and Nut Energy Bites | \$ 17.00 |
| Matcha Date Bark | \$ 28.00 |
| Aerial Reese's Pieces | \$ 21.00 |
| Carrot Cake Blondie Squares | \$ 21.00 |

CANAPES

| | |
|---|----------|
| Spicy Tuna Tostada | \$ 26.00 |
| Vietnamese Fresh Spring Rolls | \$ 22.00 |
| Tomato, Jalapeno, and Peach Gazpacho | \$ 22.00 |



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DINNER DISHES

| | |
|---------------------------------|----------|
| Sweet and Sour Stew | \$ 24.00 |
| Island Herb Gnocchi | \$ 24.00 |
| Ratatouille | \$ 22.00 |
| Jungle Curry | \$ 26.00 |
| Caribbean Night | \$ 32.00 |
| Pumpkin and Sage Risotto | \$ 32.00 |
| Mexican Night | \$ 26.00 |
| Dinner Special | \$ 65.00 |

ADD PROTEIN

| | |
|------------------------|---------|
| From the Land | \$26.00 |
| From the Sea | \$28.00 |
| From the Garden | \$14.00 |

SOMETHING SWEET

| | |
|--------------------------------|----------|
| Roasted Banana | \$ 18.00 |
| Olive Oil Panna Cotta | \$ 21.00 |
| Matcha Cheesecake | \$ 21.00 |
| Tropical Crumble | \$ 21.00 |
| Coconut Manchester Tart | \$ 21.00 |
| Chocolate Dessert | \$ 28.00 |
| Citrus Sundae | \$ 21.00 |





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www.AerialBVI.com

